

OCTOBER 2018

San Juan Unified School District
ELEMENTARY LUNCH \$3.00

MONDAY

1
Chicken Drumstick
Whole Grain Roll
Shredded Cheese
Super Hero Salad
Power Peas
Golden Pirate Corn
Canned Peas
Apple Crunchers

TUESDAY

2
French Toast Sticks
Beef Sausage Patty
Super Hero Salad
Lean Mean Green Beans
Broccoli Bites
Crunchy Baby Carrots
All Mixed Up Fruit
Sunshine Slices

WEDNESDAY

3
Cheesy Breadsticks
Marinara Sauce
Super Hero Salad
Golden Pirate Corn
Broccoli Bites
Crispy Celery Sticks
Applesauce
Seasonal Fresh Fruit

THURSDAY

4
Chicken Patty Sandwich
Be Strong Beans
Shredded Lettuce
Broccoli Bites
Crunchy Baby Carrots
Canned Peaches
Seasonal Fresh Fruit

FRIDAY

--No School--

8

--No School--

9
Chicken & Waffles
Super Hero Salad
Lean Mean Green Beans
Mixed Vegetables
Broccoli Bites
Canned Peas
Sunshine Slices

10
Corn Dog
Be Strong Beans
Shredded Cheese
Super Hero Salad
Crunchy Baby Carrots
Canned Peaches
Seasonal Fresh Fruit

11
Cheeseburger
Potato Wedges
Shredded Lettuce
Crispy Celery Sticks
Broccoli Bites
Crunchy Baby Carrots
Applesauce
Seasonal Fresh Fruit

12
Pepperoni Pizza
or
Cheese Pizza
Super Hero Salad
Crispy Celery Sticks
Vegetable Variety
Fresh Vegetable Variety
Canned Fruit Variety
Seasonal Fresh Fruit

15

Chicken Nuggets
Goldfish Cheddar Crackers
Be Strong Beans
Super Hero Salad
Power Peas
Crispy Celery Sticks
Canned Peas
Apple Crunchers

16
French Toast Sticks
Beef Sausage Patty
Super Hero Salad
Lean Mean Green Beans
Crispy Celery Sticks
Crunchy Baby Carrots
Applesauce
Sunshine Slices

17
Cheesy Breadsticks
Marinara Sauce
Super Hero Salad
Mixed Vegetables
Golden Pirate Corn
Broccoli Bites
Canned Peaches
Seasonal Fresh Fruit

18
Chicken Patty Sandwich
Shredded Lettuce
Crispy Celery Sticks
Broccoli Bites
Crunchy Baby Carrots
All Mixed Up Fruit
Seasonal Fresh Fruit

19
Pepperoni Pizza
or
Cheese Pizza
Super Hero Salad
Golden Pirate Corn
Vegetable Variety
Fresh Vegetable Variety
Canned Fruit Variety
Seasonal Fresh Fruit

22

Corn Dog
Be Strong Beans
Super Hero Salad
Broccoli Bites
Crunchy Baby Carrots
Canned Peaches
Apple Crunchers

23
Popcorn Chicken
Corn Star
Creamy Mashed Potatoes
Shredded Cheese
Super Hero Salad
Power Peas
Golden Pirate Corn
All Mixed Up Fruit
Sunshine Slices

24
Bean & Cheese Burrito
Super Hero Salad
Mixed Vegetables
Crispy Celery Sticks
Salsa
Canned Peas
Seasonal Fresh Fruit

25
Cheeseburger
Happy Birthday Cookie
Potato Wedges
Shredded Lettuce
Power Peas
Broccoli Bites
Crunchy Baby Carrots
Applesauce
Seasonal Fresh Fruit

26
Pepperoni Pizza
or
Cheese Pizza
Super Hero Salad
Crunchy Baby Carrots
Vegetable Variety
Fresh Vegetable Variety
Canned Fruit Variety
Seasonal Fresh Fruit

29

Chicken Nuggets
Goldfish Cheddar Crackers
Shredded Cheese
Super Hero Salad
Power Peas
Golden Pirate Corn
Canned Peaches
Apple Crunchers

30
French Toast Sticks
Beef Sausage Patty
Super Hero Salad
Broccoli Bites
Crispy Celery Sticks
Crunchy Baby Carrots
Applesauce
Sunshine Slices

31
Cheesy Breadsticks
Marinara Sauce
Super Hero Salad
Mixed Vegetables
Golden Pirate Corn
Crunchy Baby Carrots
Canned Peas
Seasonal Fresh Fruit



National School Lunch Week
October 15-19



Free or Reduced-Priced meals are available to students who qualify based on household income. Free and Reduced-Priced Meal Program applications are available online at: <https://mealapps.sanjuan.edu>

Paper applications are also available at:
San Juan Central Office,
Nutrition Services Office,
School Offices, & Cafeterias.

Questions about Meal Applications?
Call: (916) 971-7035

Meals may be pre-purchased online at: www.myschoolbucks.com

Menus subject to change.

Items in *italics* are for salad bar.

Each meal is served with a choice of 1% Low Fat Plain or Non-Fat Chocolate Milk.



Let's celebrate October Birthdays with a Happy Birthday Cookie offered with lunch on October 25th!